

AFRH - G / Master Menus Week of 12 / 26 / 2022 / Cycle 5 - DIET LINE

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Dec 26th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Beef,Mshrm,Brly & Vegetarian Veg Soups DL Grilled Chicken Breast & Thighs DL Brown Rice / DL Chicken Gravy DLTurnip Greens Caribbean Blend / Wheat Rolls	DL Beef,Mshrm,Brly & Vegetarian Veg Soups DL Baked Pork w/DL Pork Gravy DL Baked Sweet Potato DL Cinnamon Beets DL Baked Tomato / Wheat Rolls
T U E S Dec 27th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegtarn Veg Soups Club Quarters on Wheat Berry LF/LS Ham Steaks DL Scallop Potatoes DL Sautéed Spinach DL Cauliflower / Wheat Rolls	DL Pasta Fagioli & Vegtarn Veg Soups DL Fresh Salmon Cakes w/DL Tartar Baked Potato w/FF Sour Cream DL Chopped Turkey Steak DL Carrot Soufflé DL Broccoli Florets / Wheat Rolls
W E D Dec 28th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Grmt Trky Salad/ Veg Cutely w/DL Grvy DL Mashed Potatoes w/DL Gravy DL Green Baby Limas w/ Onions DL Normandy Blend / Wheat Rolls	<b>** Grill NIGHT **</b> DL Soups/ Grill Trky Brgrs/ Beef Dogs DL Philly Subs / Grill Pepper & Onion DL Grill Red Pot Wedges / DL Corn DL Roasted Carrots, Zucchini & Asprags
T H U Dec 29th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs / DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Bada Bing Bada Banged Pot DL Sautéed Cabbage / Cornbread DL Sautéed Yellow Squash / Wheat Rolls	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL BBQ Baby Back Ribs DL Ranch Potatoes DL Cut Green Beans / DL Baked Beans DL Coleslaw / Wheat Roll
F R I Dec 30th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Cabbage & Vegtarin Veg Soups DL Oven Fried & Baked Fish DL Macaroni with DL Cheese Sauce DL Bermuda Blend Veggies DL Okra / Wheat Rolls	DL Cabbage & Vegtarin Veg Soups DL Tomato & Turkey Meat Sauce 'n DL Pasta Casserole / Wheat Rolls DL Grilled Vegetable Medley DL Sugar Snap Peas/ Garlic Bread
S A T Dec 31st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs / DL Turkey Bacon DL Shredded Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Chicken Noodle & Vegtarn Veg Soups DL Chicken Salad DL Shrimp Scampi over DL Pasta DL Sautéed Baby Carrots DL Roasted Asparagus / Wheat Rolls	DL Chicken Noodle & Vegtarn Veg Soups DL Chick Brst / Thgh Stew w/Potatoes DL Carrots & Celery / Brown Rice DL Sautéed Fresh Zucchini Chunks DL Green Peas / Wheat Rolls
S U N Jan 1st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL White Bean&Wheatberry/Vegtrn.Veg Soups DL Cranberry, Orange, Spinach Salad DL Roast Beef / DL Ham / DL Yams DL Loaded Mashed Potatoes DL Black-Eyed Peas / DL Brown Rice DL Cabbage / Wheat Rolls / Desserts	DL White Bean & Wheatberry Soup DL Vegetarian Vegetable Soup DL Veal Scallopini DL Wild Rice with Scallopini Sauce DL Creamed Corn DL Tuscan Blend / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,  
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,  
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,  
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,  
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,  
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,  
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Cashew Pea Salad / Strawberry  
Marinated Cucumbers / Orange  
Italian Pepper Salad / Cherry  
Black Bean, Corn & Avocado Salad / Lemon  
Broccoli Salad / Raspberry  
Fruit Salad / Lime  
Macaroni Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday  
Sunday

FRUITS

Sliced Peaches / Apricot Halves  
Sliced Peaches / Tropical Fruit Cocktail  
Sliced Peaches / Pineapple Chunks  
Sliced Peaches / Mandarin Oranges  
Sliced Peaches / Fruit Cocktail  
Sliced Peaches / Pineapple Slices  
Sliced Peaches / Pear Halves